

The Conscious Couple 3-Sum Guide: Before You Pull the Trigger

...so you don't ruin your relationship

 Sarah can't even imagine having a threesome again.

"It was like he was having an affair right before my eyes. Something about it just didn't work. I want to try it again but I want to do it right." - says Sarah. Her husband Brad looks down at the floor, clearly uncomfortable.

Sarah has had threesomes before and is mildly curious about women, so this was not how she expected to feel. The fact that she is willing to try it again surprises me. Most women are one and done when a threesome goes wrong.

"I have no idea what I did wrong but I feel terrible. It wasn't worth it because of how it devastated our relationship. Of course I want to do it again, we are both open type of people, but I'm very cautious given how hard the last one was to recover from." says Brad.

Picking up the pieces of a threesome "trigger-finger couple" is possible, but it's easier to do it right in the first place. You would be surprised at how **many couples just don't have the proper guidance.**

I get it, given there is so much **misinformation and lack of information** about how to have a threesome consciously, one way brings a couple closer together and another drives them apart...

Are you ready to have a conscious three-some?

The guidelines below are a good place to start. Now, some of them may bring up discomfort by shining light on places you haven't looked. If you continue to not look under the rug for fear of the dirt, the dirt will remain. This dirt piles up and stains your relationship until you sweep it out.

When it comes to sexual desire, ignorance is not bliss.



Common Misconceptions about Threesomes

✗ **A threesome is going to fix something that is missing in the relationship. This is a recipe for disaster. It won't.**

Sometimes when someone tells me they want to have a threesome, after accomplishing everything on this 'before you pull the trigger' list below, they no longer want to do it anymore. They realize the desire was coming from a lack of intimate communication, hot sex, or connection. These things can first be remedied within the relationship. Sometimes they still do pull the threesome trigger, and now their relationship hand is steady and they have the target-practice to support it.

✗ **Desire for a threesome means there is something wrong with our relationship.**

Look at the world we live in. Sex is readily available on every corner. When something is repressed it doesn't just magically disappear, it gets acted out one way or another, or it tears people up inside. Couples who feel completely seen by one another and talk about sexual desire openly **don't end in affair**. Affairs happen when there are secret desires that one doesn't feel safe to speak about. When done correctly, talking about desire in a safe container frees both people, creates deeper connection and even more safety within relationship.

✗ **Once we have the idea of having a threesome, the next step is to just do it and see how it works out.**

Pro-tip: Go much slower than you think is necessary. Dip a toe, before you jump in. The water can be shockingly cold. I've been called the 'threesome whisperer' which makes me laugh, because half the time I'm talking people out of them. You see, there are certain ingredients that make threesomes work for otherwise open-minded but generally monogamous relationships. The next step is definitely NOT just doing it. Accomplish the activities in the guidelines below, and at the very least take a couple weeks or months to feel it out.

✗ **Monogamous couples are supposed to only want each other for the rest of their lives.**

You would be surprised how many people in monogamous relationship structures are thinking of having a threesome or opening their relationship in some way. Almost as many as will be angry that this guide exists, as if understanding of how to consciously talk about this desire is the enemy. In today's culture many couples want to explore sexually for all kinds of reasons, sometimes exploration has them consider going outside the relationship. Saying this doesn't exist as an option to discuss is like telling a 17-year-old abstinence is the only option. We know how well that works.

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Guideline One:

Establish "I Got You Babe" Trust.

You have to trust each other for this to work. I may be dating myself here but Sonny and Cher were onto something.



Simple Direct Question:

Do you fully trust each other? Why or why not? Discuss.

I remember having a conversation like this with my partner where I admitted, "I don't trust you to tell me when something is not ok." This was a major point of relationship strengthening and for her (I was with a woman at the time) to learn to share her truth. I got to be very accepting and compassionate with her process of naming boundaries. This, and many other vulnerable compassionate revealings of truth made our relationship very strong and based in trust. If you love someone and you don't trust them for some reason tell them the truth or that withhold is a missing piece of your foundation.

If you can't have a conversation about trust, receiving one another's truth, and healing any gaps in trust without getting in a fight, you're not ready.



Guideline Two:

What's the point?

If you are in a monogamous relationship structure it's especially important to have clarity on what having a threesome will do for your relationship. The more outside your 'relationship structure' this potentially touchy topic is, the more important this clarity will be for inspiring your partner to take this risk with you.



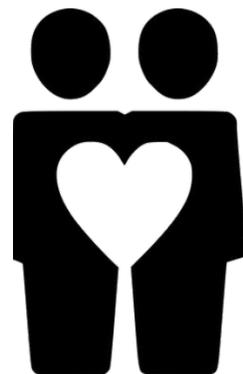
Exercise:

Free write for 5 minutes about why you want a threesome.
-How do you see it supporting your relationship?



Word of Caution

Everyone has a different baseline of openness. Take this into account. For some bringing up a threesome can be somewhat casual and talked about as a novel idea that may or may not happen from the get go. For others, talking about it is taboo and terrifying.



When bringing up a threesome, share about what you see it making possible in your relationship so that it is ultimately in service to your relationship. Otherwise, what is the point?

Guideline Three:

And then There were Two....

Threesomes do not fix intimacy and sex issues of a couple, or even boredom and restlessness. Relying on opening up your relationship to fix something can create a temporary crutch that eventually falls apart. When all is said and done remember who you wake up next to everyday.

Sometimes couples decide there's a mismatch in sexual desire or drive and they explore a creative relationship structure. They find each other as primary companions and there's someone on the side. Either way the context of exploring and having a threesome is to enhance the relationship in some way.

Jenna and Matt were pretty open-minded and craving excitement. They decided they would try a threesome, eventually they were hanging out in full-blown swinger land. Matt was focusing all of his sexual energy outward and there was no intimacy left for the two of them and Jenna enjoyed it *sort-of* enough to go along with it.

This is many monogamous couples nightmare. They lost interest in sex with one another because the place they started from was not one of sexual satisfaction. In our work together they closed their relationship structure for a period of time and realized they never really discovered what one another wanted. Other people eventually became a desire, but it was no longer a need. They created the foundational intimate connection that had been missing their whole relationship.

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Guideline Four:

Make agreements. Have experiments.

Look at these agreements you make as a science experiment, not a math problem. They are not written in stone. Rather they bring shared reality to two completely different experiences and points of view, creating a baseline of safety for exploration. Self-expression follows safety.

Examples:

- We can flirt, but let's stick together and check in before we touch anyone.
- We can make out and touch but nothing below the belt tonight.
- I'm open to anything but it has to be the right person so I want to have a private conversation first when we think we've found someone.

My clients have found this checking in process creates deeper connection because it's like they have their own secret code. "Let's check in." is all it takes. It opens the conversation of talking about the things that might trigger or almost trigger or the surprises of no trigger throughout the night. They have found that they got to know their partner on a very deep level using this system of check ins.

I recommend establishing **The Color System** (see below) to have a shared reality around level of comfort in situations that might escalate from 0 to 'whose tongue is in my mouth' very quickly. Colors might seem juvenile but in the moment of drowning it's a simple reach for the life raft.

- I'm unable to regulate my emotions and I'm freaking out.
Let's get of here. Stop now.
- One more move and I'm going to be in red. Slow down now.
- I'm a little to a lot out of my comfort zone but I can handle it.
I'm growing. Let's keep going at this pace and check in about it.
- I'm enjoying all of it. I could step on the gas if you're open to it.



Exercise:

Someone is bound to have concerns. Talk about all of them.
-What kind of things trigger jealousy in each of you?

Guideline Five:

Give each other an Erotic Menu Date.

For more info check out the **Erotic Menu**. It's like the 5 love languages - a literal menu for sex & intimacy, that you can use to create your own erotic recipes. Knowing what you want and how to ask for the specific kind of sex and intimacy you want creates a foundation of openness and satisfaction between the two of you. The possibility for fun goes up and the potential for disaster goes down.

This is about taking care of the two primary people in a relationship before even dreaming of having a threesome. Make sure your cups are full with deep intimacy and passionate desire. When you feel loved and wanted by one another you are starting with a full tank of gas instead of trying to make a long drive on empty.



Exercise:

Free write for 5 minutes about what your ideal sex/intimacy date would be based on the Erotic Menu.

-Share with your partner to create the shared context and language that having a menu you can look at together gives you.



You can have a whole new paradigm of fulfilling what you truly desire.

Whether you decide to jump right into a threesome after reading this guide or you wait, I hope you have an understanding of potential pitfalls and how you can avoid them.

For a deeper understanding of how to make your relationship desires a reality, fill out this form to apply for a complimentary consultation:

DISCOVERY SESSION FORM

May all of your lovin' be gourmet,
Jamie Elizabeth Thompson
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